CLAIMS

1. A gun rest, comprising:

a plate containing a first end section, a second end section and an intermediate section, wherein the plate is bent at the intermediate section such that an angle from about 30° to about 90° is formed between the plane formed by the first end section of the plate and the plane formed by the second end section of the plate; and

an opening formed in the first end section of the plate though which a shaft may be inserted.

2. The gun rest according to claim 1, wherein the opening is generally tear-dropped in shape with the point of the tear-drop aligned towards the first end section and the round end aligned towards the second end section of the plate.

3. The gun rest according to claim 2, wherein teeth are located around at least a portion of the perimeter of the opening.

4. The gun rest according to claim 2, wherein at least a portion of the opening is covered by at least one flexible gripping aid.

5. The gun rest according to claim 4, wherein the at least one flexible gripping aid contains a slit.

6. The gun rest according to claim 1, further comprising a retaining device for securing the gun rest to the shaft.

7. The gun rest according to claim 6, wherein the retaining device is a loop formed onto the second end section.

8. The gun rest according to claim 6, wherein the retaining device is an opening formed into the second end section.

9. The gun rest according to claim 1, further comprising a mounting bracket such that the shaft may be fixed to a surface.

10. The gun rest according to claim 9, wherein the mounting bracket, comprises:

a first pressure plate, connectively attached to a second pressure plate with a tightener; and

a receptacle permanently attached to the first pressure plate, which forms a generally cylindrical cavity perpendicular to the first pressure plate.

11. The gun rest according to claim 10, wherein the tightener is a nut and bolt.

12. A method for improving the accuracy of a sportsman, comprising the following steps:

providing a gun rest which comprises

a plate containing a first end section, a second end section and an intermediate section, wherein the plate is bent at he intermediate section such that an angle from about 30° to about 90° is formed between the plane formed by the first end section of the plate and the plane formed by the second end section of the plate; and

an opening formed in the first end section of the place such that a shaft may be inserted through the opening;

providing a shaft containing a first end section and a second end section;

inserting the first end section of the shaft through the opening in the gun rest;

placing the second end section of the shaft upon a surface;

slidably adjusting the position of the gun rest on the shaft to the desired height;

placing the forearm of a firearm on the gun rest at the intermediate section such that the forearm of the firearm is cradled between the first end section of the plate and the second end section.

13. The gun rest according to claim 12, wherein the opening is generally tear-dropped in shape with the point of the tear-drop aligned towards the first end section and the round end aligned towards the second end section of the plate.

14. The gun rest according to claim 13, wherein teeth are located around at least a portion of the perimeter of the opening.

15. The gun rest according to claim 13, wherein at least a portion of the opening is covered by at least one flexible gripping aid.

16. The gun rest according to claim 15, wherein the at least one flexible gripping aid contains a slit.

17. The gun rest according to claim 12, further comprising a retaining device for securing the gun rest to the shaft.

18. The gun rest according to claim 17, wherein the retaining device is a loop formed onto the second end section.

19. The gun rest according to claim 17, wherein the retaining device is an opening formed into the second end section.

20. The gun rest according to claim 12, further comprising a mounting bracket such that the shaft may be fixed to a surface.

21. The gun rest according to claim 20, wherein the mounting bracket, comprises:

a first pressure plate, connectively attached to a second pressure plate with a tightener; and

a receptacle permanently attached to the first pressure plate, which forms a generally cylindrical cavity perpendicular to the first pressure plate.

22. The gun rest according to claim 21, wherein the tightener is a nut and bolt.

23. A gun rest, comprising:

a plate containing a first end section, a second end section, an intermediate section and two sides extending between the first end section and the second end section, wherein the plate is bent at the intermediate section such that an angle from about 30° to about 90° is formed between the plane formed by the first end section of the plate and the plane formed by the second end section of the plate; and

an opening formed in the first end section of the plate, wherein the opening commutes with one side of the plate.

24. The gun rest according to claim 23, wherein the opening is generally tear-dropped in shape with the point of the tear-drop aligned towards the first end section and the round end aligned towards the second end section of the plate.

25. The gun rest according to claim 24, wherein teeth are located around at least a portion of the perimeter of the opening.

26. The gun rest according to claim 24, wherein at least a portion of the opening is covered by at least one flexible gripping aid.

27. The gun rest according to claim 26, wherein the at least one flexible gripping aid contains a slit.

28. The gun rest according to claim 23, further comprising a retaining device for securing the gun rest to the shaft.

29. The gun rest according to claim 28, wherein the retaining device is a loop formed onto the second end section.

30. The gun rest according to claim 28, wherein the retaining device is an opening formed into the second end section.